



SQUATS AND CORE TRAINING

SQUATS

BODYWEIGHT SQUATS

PURPOSE

- Glute, Quadriceps, & Hamstring Strength & Metabolic Fitness

MOVEMENT

- Place the feet between hip & shoulder-width apart and pointing forward or just slightly outward.
- Cross the arms across the chest.
- Maintain an erect torso with the chest up, shoulders back head and neck straight and eyes looking straight ahead while keeping the body weight on the balls of the feet.
- Move explosively downward until the backs of the thighs are parallel to the floor keeping the knees above or slightly in front of the ankles throughout the movement, or the heels begin to lift off the floor.
- Move forcefully upward by pushing through the ball of the foot, extending the knees and hips while maintaining a flat back, arms across the chest, head and neck erect and eyes looking straight ahead.
- Keep the knees positioned above to slightly in front of the ankles.
- Continue the upward movement by extending the lower body joints until the starting position is reached.
- Repeat the exercise for desired time or repetition number.

DUMBBELL SQUAT

PURPOSE

Glute, Quadriceps, & Hamstring Strength & Metabolic Fitness

SET UP

- Select two dumbbells of equal weight.
- Feet are between hip & shoulder-width apart and pointing forward or just slightly outward.
- Hang the dumbbells at the side with arms straight.
- Maintain an erect torso with the chest up, shoulders back head and neck straight and eyes looking straight ahead.
- Before beginning the initial descent, inhale.

DOWNWARD MOVEMENT

- Maintain a flat back, flex the knees and hips with control while keeping the body weight on the balls of the feet.
- Keep the knees above or slightly in front of the ankles throughout the downward movement.
- Continue the downward movement until the backs of the thighs are parallel to the floor, or the heels begin to lift off the floor.
- At the bottom position of the downward movement avoid bouncing or increasing the rate of the downward movement before beginning the upward movement.

UPWARD MOVEMENT

- Lift the dumbbells forcefully and with control by pushing through the ball of the foot, extending the knees and hips while maintaining a flat back, arms at the side, head and neck erect and eyes looking straight ahead.

OVERHEAD SQUAT

PURPOSE

Glute, Quadriceps, Hamstring & Core Strength & Metabolic Fitness

SET UP

- Select two dumbbells or weighted implements of equal weight.
- Feet are between hip & shoulder-width apart and pointing forward or just slightly outward.
- Lift the dumbbells or weighted implements overhead with arms straight.
- Maintain an erect torso with the chest up, shoulders back head and neck straight and eyes looking straight ahead.
- Before beginning the initial descent, inhale.

DOWNWARD MOVEMENT

- Keep your feet flat on the ground.
- Start with your body erect, take a deep breath and then begin the downward motion by leaning forward slightly at the torso keeping your arms fully extended with the dumbbells or weighted implements over your head.
- Descend slowly by sending your buttocks backward and down towards the ground.
- Do not start this movement by bending your knees.
- Descend until the top of the thighs are parallel with the ground.
- As you descend squeeze your shoulder blades, press upward on the dumbbells or weighted implements and keep the dumbbells or weighted implements over your heels.
- Keep your hips under the dumbbells or weighted implements as much as possible to prevent excessive forward leaning of the torso.
- Don't let your knees get over your toes, instead adjust the dumbbells or weighted implements overhead to maintain your torso lean in a good position.

UPWARD MOVEMENT

- The upward movement starts with a strong push to lift the weight out of the bottom position.
- Don't hyperextend the neck rather keep your chin up and eyes looking forward to help your torso remain tight.
- Once the movement has started upwards push your hips forward, extending at the knees to driving your hips under the dumbbells or weighted implements.
- Exhale while moving upward.
- Keep the muscles of the torso contracted throughout the upward movement.
- As you get to the top of the movement, make sure not to lock your knees.

CORE

BENEFITS OF CORE TRAINING

A person's overall physical strength begins in the core. The core area of the body is not just limited to the abdominals but includes all the body's muscles except for those in the extremities and the head. Core training is an essential component of a fitness program and should not be overlooked when working out. There are several muscle groups that form the core and together they enable the body to move as a cohesive unit. The benefits of core training include increased abdominal strength and improved transfer of power to and from the extremities, muscle integration, injury prevention, torso stabilization, increased respiratory function, increased stabilization during movement, neuromuscular efficiency and control, improved spinal and postural control, spine stabilization, flatter abdominal area.

FRONT PLANK

PURPOSE

- Core strength & endurance and trunk stability

SET UP

- Lie prone (face down) on floor or exercise mat.
- Support your bodyweight with both elbows directly under the shoulders (shoulder-width apart) and the knees.

UPWARD MOVEMENT

- Pre-brace the core by attempting to contract the muscles prior to initiating the upward motion.
- Keeping the head and neck rigid looking in front of the hands.
- Focus the movement from the core area.
- Lift and straighten the torso from the floor or mat until the body is supported on the elbow and the feet and hold for a designated time based on fitness level.

DOWNWARD MOVEMENT

- Keeping the core braced return to the starting position with control touching the knees to the floor or mat lightly.
- Keep the head and neck rigid looking in front of the hands throughout the Downward Movement.

SIDE PLANK

PURPOSE

- Core strength & endurance and trunk stability

SET UP

- Lie on your side on the floor or exercise mat.
- Support your bodyweight with one elbow directly (under the shoulder) and the hip.
- Place the opposite hand on the hip or straight above opposite shoulder

UPWARD MOVEMENT

- Pre-brace the core by attempting to contract the muscles prior to initiating the upward motion.
- Keeping the head and neck rigid throughout the upward movement.
- Focus the movement from the core area.
- Lift and straighten the torso from the floor or mat until the body is supported on the elbow and the feet and hold for a designated time based on fitness level.

DOWNWARD MOVEMENT

- Keeping the core braced return to the starting position with control touching the knees to the floor or mat lightly.
- Keep the head and neck rigid looking in front of the hands throughout the Downward Movement.

SUPERMAN

PURPOSE

- Core strength & endurance and trunk stability

SET UP

- Lie face down with arms and legs outstretched, forehead on an exercise mat or ground and neck in a neutral position.

UPWARD MOVEMENT

- Pre-brace the core by attempting to contract the muscles prior to initiating the upward motion.
- Keeping the head and neck rigid throughout the upward movement.
- Focus the movement from the core area.
- Inhale as you slowly lift arms, legs, upper back, and head off the floor. Keep arms and legs straight but not locked. Your body should resemble a U shape with either side at least a few inches off the floor and hold for designated time based on fitness level.

DOWNWARD MOVEMENT

- Exhale as you lower back down.